

Breakfast & brunch

Available until 11.45am
Member price | standard price

Please inform your server of
any allergens as ingredients
are subject to availability

1: CELERY, 2: CEREALS,
3: CRUSTACEANS, 4: EGGS, 5: FISH,
6: LUPIN, 7: MILK, 8: MOLLUSCS,
9: MUSTARD, 10: PEANUTS,
11: SESAME, 12: SOYBEANS,
13: SULPHUR DIOXIDE, 14: NUTS

Traditional breakfasts

Choose toast and eggs:

~ white (2), malted wheat (2), sourdough (2), gluten free (4)
~ fried, poached, scrambled (7)

Big Breakfast: £14.40 | £18.00

two free-range eggs, two pork sausages,
two smoked bacon, grilled tomato, two hash
browns, chestnut mushrooms, baked beans,
two slices of toast (2, 4, 7)

Full English breakfast: £11.20 | £14.00

a free-range egg, local pork sausage, two
smoked bacon, grilled tomato, hash brown,
chestnut mushrooms, beans, toast (2, 4, 7)

Vegetarian breakfast: £11.20 | £14.00

two free-range eggs, two plant-based sausages,
grilled tomato, hash brown, chestnut mushrooms,
wilted spinach, beans, toast (2, 4, 7) v

Wrapped & loaded

Loaded hash browns: £8.40 | £10.50

four hash browns, two poached eggs,
sriracha hollandaise (4, 7, 13) v/gf
~ shredded beef brisket: £11.60 | £14.50
~ smashed avocado: £9.60 | £12.00 v

Breakfast wrap: £9.60 | £12.00

hash browns, scrambled egg, smoked bacon,
sausage, cheese, tortilla wrap (2, 4, 7)
~ perfect to take away - just ask!

Nutritional
information



The Kitchen Collab

Personal Trainer Collection



v Protein pancakes: £10.40 | £13.00

three American-style pancakes, 20g
Bulk protein, banana, blueberries,
Greek yoghurt, chia seeds (2, 4, 7)

v Home-made granola: £7.20 | £9.00

maple, vanilla and honey-baked
oats, toasted almonds, Greek
yoghurt, blueberries (2, 4, 7)

v Porridge: £5.60 | £7.00

Add protein scoop: £0.80 | £1.00

choose milk: whole / soya / skimmed / oat
choose two: maple / banana / toasted
almonds / blueberries (2, 7, 14)

v/gf Three egg omelette: £8.80 | £11.00

choose either: whole egg / egg white
choose two: ham, spinach, bacon, tomato,
mushrooms, cheese, feta (4, 7, 9, 13)

Salmon, avocado, scrambled eggs:

£11.60 | £14.50

Smoked salmon, avocado, free-range
scrambled eggs, sourdough
/gluten free toast (2, 4, 5)

Avocado, poached eggs:

£9.60 | £12.00

Smashed avocado, two free-range eggs, two
slices of sourdough/gluten free toast (2, 4, 7)
~ add back bacon: £2.00 | £2.50

Light bite breakfast

Available until 11.45am

Buttermilk pancakes: £9.60 | £12.00
a stack of three American-style pancakes
~ maple syrup, crispy back bacon
~ blueberries, banana, Greek yoghurt v
(2, 4, 7)

Breakfast bap: £6.40 | £8.00
a soft white, buttered bap (2, 7) with choice of:
three back bacon / two pork or plant-based
(2) sausages / two free range eggs (4)

Toast and preserves: £3.20 | £4.00
two slices of toast with butter and jam
choose: white/malted/sourdough/gluten free
(2, 4, 7, 13)

Toasted teacake: £3.20 | £4.00
with butter and jam (2, 7, 13)

From the counter

Freshly-baked pastries: from £3.25

Wolfy's Protein Porridge: £3.20 | £4.00 (2, 7)
~ perfect for takeaway

Protein shake: £3.92 | £4.90 (7)
20g Bulk Protein ~ Cookies and Cream/Vanilla/
Salted Caramel/Chocolate Chip/Plant-based
Chocolate or Vanilla

Smoothie: from £3.96 | £4.95
see the Menu Board at the Bar for flavours -
freshly-made to order

We're proud to bring you
eggs from The Brown Egg Farm in Talaton,
Holsworthy pork sausages, meat from mid-
Devon farms, fish from Brixham & locally-
grown vegetables wherever possible.

Eggs

Eggs Benedict: £9.60 | £12.00
buttered, toasted muffin, ham,
two free-range poached eggs,
hollandaise, chives (2, 4, 7, 13)

Eggs Royale: £11.60 | £14.50
buttered, toasted muffin, smoked salmon, two
free-range poached eggs, hollandaise, dill
(2, 4, 5, 7, 13)

v Eggs on toast: £6.80 | £8.50
two eggs on two slices of toast
choose: scrambled / poached / fried
choose: white/malted/sourdough/gluten free
(2, 4, 7)

Children's breakfast

Children's full English: £8.00 | £10.00
one free-range egg, pork sausage, one
bacon, hash brown, beans, toast (2, 4, 7)
~ vegetarian available on request

Sides & extras

Smoked salmon (5): £4.80 | £6.00

Half avocado / two slices back bacon /
pork sausage / plant-based sausage (2):
£2.00 | £2.50 each

Hash brown / free-range egg (4) /
grilled tomato / baked beans /
mushrooms / wilted spinach (7):
£1.60 | £2.00

ALL FOOD IS PREPARED IN A KITCHEN WHERE NUTS, GLUTEN &
OTHER KNOWN ALLERGENS MAY BE PRESENT. WE TAKE CAUTION TO
PREVENT CROSS-CONTAMINATION, HOWEVER ANY PRODUCT MAY
CONTAIN TRACES AS MENU ITEMS ARE PRODUCED IN THE SAME KITCHEN.